

The **MONTANA SEASONAL FOOD CHART** shows many of the food items grown or raised in this state that are available throughout the four seasons. For produce, the chart indicates when fresh items may be available and doesn't take into account fruits or vegetables that are available after the harvest season due to canning, freezing or dehydrating.

<u>Winter</u> (Dec. –April)	<u>Spring</u> (May–June)	<u>Summer</u> (July-August)	<u>Fall</u> (Sept.-Nov.)
Barley	Barley	Apricots	Apples
Beef	Beef	Barley	Barley
Beets	Broccoli	Basil	Basil
Buffalo	Buffalo	Beans	Beans
Carrots	Cabbage	Beef	Beef
Cheese	Cauliflower	Beets	Beets
Chicken	Chard	Broccoli	Broccoli
Eggs	Cheese	Buffalo	Buffalo
Garbanzo	Chicken	Carrots	Carrots
Beans	Collards	Cabbage	Cabbage
Garlic	Eggs	Cantaloupe	Cantaloupe
Kamut	Garbanzo	Cauliflower	Cauliflower
Lentils	Beans	Chard	Chard
Milk	Kamut	Cheese	Cheese
Mushrooms	Herbs	Cherries	Cherries
Onions	Kale	Chicken	Chicken
Parsnips	Lentils	Collards	Collards
Pasta	Lettuce	Corn	Corn
Pinto beans	Milk	Cucumbers	Eggs
Pork	Morels	Eggs	Garbanzo
Potatoes	Mushrooms	Garbanzo	Beans
Shallots	Mustard	Beans	Garlic
Sprouts	Greens	Garlic	Kamut
Sunflower	Pasta	Kamut	Herbs
Seed	Peas	Herbs	Kale
Tortillas	Pinto beans	Kale	Leeks
Turkey	Pork	Lentils	Lentils
Wheat	Spinach	Lettuce	Lettuce
Winter	Sprouts	Milk	Milk
Squash	Sunflower	Mushrooms	Mushrooms
Yogurt	Seed	Mustard	Mustard
	Tortillas	Greens	Greens
	Turkey		
	Wheat		
	Yogurt		